

Thinking Inside the Lunch Box: Mix 'N Match Lunch Ideas

Fuel up with a healthy, yet delicious lunch that meets MyPlate guidelines. Plan ahead by stocking the refrigerator and cupboards with a variety of health choices every week.

Combine all 4 food groups and add a serving of low-fat or skim dairy to meet the MyPlate recommendations for lunch!



1 Protein food + 1 Grain food + 1 Vegetable + 1 Fruit

Protein	Grain	Vegetable	Fruit
2 Tbsp. peanut butter or other nut butter	1 6-inch whole grain tortilla	2 cups salad greens (romaine, spinach, kale)	Small banana or ½ of a large banana
1 oz. beef jerky	1 oz. pretzel sticks	20 cherry tomatoes	2 kiwis
1 part-skim mozzarella string cheese stick	½ cup pasta salad	1 cup chopped bell peppers, cucumber, tomato salad	1 medium orange or 2 clementines
2 Tbsp. natural nut butter (peanut, almond, cashew)	1 slice of whole grain bread	½ cup sugar snap peas	½ cup mixed fruit salad
1 oz. sliced Canadian bacon and 1 oz. low-fat cheese	6 whole grain crackers (Triscuits)	¼ cup fresh salsa	½ cup apple slices
2 Tbsp. hummus dip and 1 cup milk	1 oz. baked croutons	1 cup veggie sticks with 2 Tbsp. low-fat ranch dip	1 fruit cup packed in 100% juice
1 cup chili and 2 Tbsp. shredded low-fat cheese	3 cups air popped popcorn	1 cup celery	16 seedless grapes
½ cup Greek yogurt	1/3 cup granola	1 cup carrot sticks	½ cup fresh or frozen berries
½ cup tuna or chicken salad (made with Greek yogurt)	1 sandwich thin	1 cup lettuce/spinach, tomato, onion	½ cup cubed melon
½ cup fat-free refried beans and 1 oz. low-fat cheese	1 6-inch flatbread	¼ avocado	½ cup pineapple chunks
1 sliced hard-boiled egg	1 whole grain English muffin	1 cup broccoli and cauliflower	½ cup grilled nectarine or peaches
½ cup cooked/canned seasoned black beans	½ cup quinoa	½ baked potato	½ cup unsweetened applesauce
½ cup cottage cheese	1 oz. corn chips	½ cup jicama sticks	½ cup cherries and blackberries
1 oz. shredded rotisserie chicken	1 6-inch Pita bread	1 cup vegetable soup	1/2 cup peaches: fresh, frozen or canned in 100% juice
1 oz. almonds, walnuts, pecans	¾-1 cup whole grain dry cereal	½ cup raw or grilled mushrooms	2 Tbsp. dried fruit
1 "tuna creations" packet	½ cup brown rice	½ sweet potato	½ cup no-sugar-added 100% fruit juice
Turkey & spreadable light cheese wedge	½ cup oatmeal	½ cup chopped onion, tomato, herb salad	½ cup fresh, canned or frozen pears in 100% juice



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